Name:

Below you will find a list of symptoms and social/emotional consequences of your rhinosinusitis. We would like to know more about these problems and would appreciate your answering the following questions to the best of your ability. There are no right or wrong answers, and only you can provide us with this information. Please rate your problems as they have been over the past two weeks. Thank you for your participation. Do not hesitate to ask for assistance if necessary.

1.Need to blow nose0123452.Nasal Blockage0123453.Sneezing0123454.Runny nose0123455.Cough0123456.Post-nasal discharge0123457.Thick nasal discharge0123459.Dizziness0123459.Dizziness0123459.Dizziness01234510.Ear pain01234511.Facial pain/pressure01234513.Difficulty falling asleep01234514.Wake up at night01234515.Lack of a good night's sleep01234516.Wake up tired01234517.Fatigne01234516.Reduced productivity01234517.Fatigne01234518.Reduced concentration012<	1. Considering how severe the problem is when you experience it and how often it happens, please rate each item below on how "bad" it is by circling the number that corresponds with how you feel using this scale: $\rightarrow$	No Problem	Very Mild Problem	Mild or slight Problem	Moderate Problem	Severe Problem	Problem as bad as it can be	5 Most Important Items
3. Sneezing   0   1   2   3   4   5     3. Sneezing   0   1   2   3   4   5     4. Runny nose   0   1   2   3   4   5     5. Cough   0   1   2   3   4   5     6. Post-nasal discharge   0   1   2   3   4   5     7. Thick nasal discharge   0   1   2   3   4   5     9. Dizziness   0   1   2   3   4   5     9. Dizziness   0   1   2   3   4   5     0. Ear pain   0   1   2   3   4   5     11. Facial pain/pressure   0   1   2   3   4   5     13. Difficulty falling asleep   0   1   2   3   4   5     14. Wake up at night   0   1   2   3   4   5     15. Lack of a good night's sleep   0   1   2   3   4   5     15.	1. Need to blow nose	0	1	2	3	4	5	0
4. Runny nose   0   1   2   3   4   5     5. Cough   0   1   2   3   4   5     6. Post-nasal discharge   0   1   2   3   4   5     7. Thick nasal discharge   0   1   2   3   4   5     9. Dizziness   0   1   2   3   4   5     9. Dizziness   0   1   2   3   4   5     10. Ear pain   0   1   2   3   4   5     11. Facial pain/pressure   0   1   2   3   4   5     12. Decreased Sense of Smell/Taste   0   1   2   3   4   5     13. Difficulty falling asleep   0   1   2   3   4   5     14. Wake up at night   0   1   2   3   4   5     15. Lack of a good night's sleep   0   1   2   3   4   5     15. Reduced productivity   0   1   2   3   4   5 </td <td>2. Nasal Blockage</td> <td>0</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>0</td>	2. Nasal Blockage	0	1	2	3	4	5	0
5. Cough   0   1   2   3   4   5     5. Cough   0   1   2   3   4   5     6. Post-nasal discharge   0   1   2   3   4   5     7. Thick nasal discharge   0   1   2   3   4   5     9. Dizziness   0   1   2   3   4   5     9. Dizziness   0   1   2   3   4   5     9. Dizziness   0   1   2   3   4   5     10. Ear pain   0   1   2   3   4   5     11. Facial pain/pressure   0   1   2   3   4   5     12. Decreased Sense of Smell/Taste   0   1   2   3   4   5     13. Difficulty falling asleep   0   1   2   3   4   5     14. Wake up at night   0   1   2   3   4   5     15. Lack of a good night's sleep   0   1   2   3   4   5	3. Sneezing	0	1	2	3	4	5	0
6. Post-nasal discharge   0   1   2   3   4   5     7. Thick nasal discharge   0   1   2   3   4   5     8. Ear fullness   0   1   2   3   4   5   0     9. Dizziness   0   1   2   3   4   5   0     10. Ear pain   0   1   2   3   4   5   0     11. Facial pain/pressure   0   1   2   3   4   5   0     12. Decreased Sense of Smell/Taste   0   1   2   3   4   5   0     13. Difficulty falling asleep   0   1   2   3   4   5   0     14. Wake up at night   0   1   2   3   4   5   0     15. Lack of a good night's sleep   0   1   2   3   4   5   0     16. Wake up tired   0   1   2   3   4   5   0     18. Reduced productivity   0   1   2   3   4 <td>4. Runny nose</td> <td>0</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>0</td>	4. Runny nose	0	1	2	3	4	5	0
7. Thick nasal discharge   0   1   2   3   4   5     8. Ear fullness   0   1   2   3   4   5   0     9. Dizziness   0   1   2   3   4   5   0   0     10. Ear pain   0   1   2   3   4   5   0   0   0   1   2   3   4   5   0   0   0   0   1   2   3   4   5   0   0   0   0   1   2   3   4   5   0   0   0   0   1   2   3   4   5   0	5. Cough	0	1	2	3	4	5	0
8. Ear fullness   0   1   2   3   4   5     9. Dizziness   0   1   2   3   4   5   0     10. Ear pain   0   1   2   3   4   5   0   0     11. Facial pain/pressure   0   1   2   3   4   5   0   0   0   1   2   3   4   5   0   0   0   1   2   3   4   5   0   0   0   1   2   3   4   5   0   0   0   1   2   3   4   5   0	6. Post-nasal discharge	0	1	2	3	4	5	0
9. Dizziness   0   1   2   3   4   5     10. Ear pain   0   1   2   3   4   5   0     11. Facial pain/pressure   0   1   2   3   4   5   0     12. Decreased Sense of Smell/Taste   0   1   2   3   4   5   0     13. Difficulty falling asleep   0   1   2   3   4   5   0     14. Wake up at night   0   1   2   3   4   5   0     15. Lack of a good night's sleep   0   1   2   3   4   5   0     16. Wake up tired   0   1   2   3   4   5   0     17. Fatigue   0   1   2   3   4   5   0     18. Reduced productivity   0   1   2   3   4   5   0     20. Frustrated/restless/irritable   0   1   2   3   4   5   0     21. Sad	7. Thick nasal discharge	0	1	2	3	4	5	0
10. Ear pain   0   1   2   3   4   5     11. Facial pain/pressure   0   1   2   3   4   5     12. Decreased Sense of Smell/Taste   0   1   2   3   4   5     13. Difficulty falling asleep   0   1   2   3   4   5   0     14. Wake up at night   0   1   2   3   4   5   0     15. Lack of a good night's sleep   0   1   2   3   4   5   0     16. Wake up tired   0   1   2   3   4   5   0     17. Fatigue   0   1   2   3   4   5   0     18. Reduced productivity   0   1   2   3   4   5   0     19. Reduced concentration   0   1   2   3   4   5   0     20. Frustrated/restless/irritable   0   1   2   3   4   5   0     21. Sad   0   1   2   3   4   5 </td <td>8. Ear fullness</td> <td>0</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>0</td>	8. Ear fullness	0	1	2	3	4	5	0
11. Facial pain/pressure   0   1   2   3   4   5     12. Decreased Sense of Smell/Taste   0   1   2   3   4   5   0     13. Difficulty falling asleep   0   1   2   3   4   5   0     14. Wake up at night   0   1   2   3   4   5   0     15. Lack of a good night's sleep   0   1   2   3   4   5   0     16. Wake up tired   0   1   2   3   4   5   0     18. Reduced productivity   0   1   2   3   4   5   0     19. Reduced concentration   0   1   2   3   4   5   0     20. Frustrated/restless/irritable   0   1   2   3   4   5   0     21. Sad   0   1   2   3   4   5   0	9. Dizziness	0	1	2	3	4	5	0
12. Decreased Sense of Smell/Taste   0   1   2   3   4   5   0     13. Difficulty falling asleep   0   1   2   3   4   5   0     14. Wake up at night   0   1   2   3   4   5   0     15. Lack of a good night's sleep   0   1   2   3   4   5   0     16. Wake up tired   0   1   2   3   4   5   0     17. Fatigue   0   1   2   3   4   5   0     18. Reduced productivity   0   1   2   3   4   5   0     20. Frustrated/restless/irritable   0   1   2   3   4   5   0     21. Sad   0   1   2   3   4   5   0	10. Ear pain	0	1	2	3	4	5	0
13. Difficulty falling asleep   0   1   2   3   4   5   0     14. Wake up at night   0   1   2   3   4   5   0     15. Lack of a good night's sleep   0   1   2   3   4   5   0     16. Wake up tired   0   1   2   3   4   5   0     17. Fatigue   0   1   2   3   4   5   0     18. Reduced productivity   0   1   2   3   4   5   0     19. Reduced concentration   0   1   2   3   4   5   0     20. Frustrated/restless/irritable   0   1   2   3   4   5   0     21. Sad   0   1   2   3   4   5   0	11. Facial pain/pressure	0	1	2	3	4	5	0
14. Wake up at night   0   1   2   3   4   5   0     15. Lack of a good night's sleep   0   1   2   3   4   5   0     16. Wake up tired   0   1   2   3   4   5   0     17. Fatigue   0   1   2   3   4   5   0     18. Reduced productivity   0   1   2   3   4   5   0     19. Reduced concentration   0   1   2   3   4   5   0     20. Frustrated/restless/irritable   0   1   2   3   4   5   0     21. Sad   0   1   2   3   4   5   0	12. Decreased Sense of Smell/Taste	0	1	2	3	4	5	0
15. Lack of a good night's sleep   0   1   2   3   4   5   0     16. Wake up tired   0   1   2   3   4   5   0     17. Fatigue   0   1   2   3   4   5   0     18. Reduced productivity   0   1   2   3   4   5   0     19. Reduced concentration   0   1   2   3   4   5   0     20. Frustrated/restless/irritable   0   1   2   3   4   5   0     21. Sad   0   1   2   3   4   5   0	13. Difficulty falling asleep	0	1	2	3	4	5	0
16. Wake up tired   0   1   2   3   4   5   0     17. Fatigue   0   1   2   3   4   5   0     18. Reduced productivity   0   1   2   3   4   5   0     19. Reduced concentration   0   1   2   3   4   5   0     20. Frustrated/restless/irritable   0   1   2   3   4   5   0     21. Sad   0   1   2   3   4   5   0	14. Wake up at night	0	1	2	3	4	5	0
17. Fatigue   0   1   2   3   4   5   0     18. Reduced productivity   0   1   2   3   4   5   0     19. Reduced concentration   0   1   2   3   4   5   0     20. Frustrated/restless/irritable   0   1   2   3   4   5   0     21. Sad   0   1   2   3   4   5   0	15. Lack of a good night's sleep	0	1	2	3	4	5	0
18. Reduced productivity   0   1   2   3   4   5   0     19. Reduced concentration   0   1   2   3   4   5   0     20. Frustrated/restless/irritable   0   1   2   3   4   5   0     21. Sad   0   1   2   3   4   5   0	16. Wake up tired	0	1	2	3	4	5	0
19. Reduced concentration   0   1   2   3   4   5   O     20. Frustrated/restless/irritable   0   1   2   3   4   5   O     21. Sad   0   1   2   3   4   5   O	17. Fatigue	0	1	2	3	4	5	0
20. Frustrated/restless/irritable   0   1   2   3   4   5   0     21. Sad   0   1   2   3   4   5   0	18. Reduced productivity	0	1	2	3	4	5	0
21. Sad 0 1 2 3 4 5 O	19. Reduced concentration	0	1	2	3	4	5	0
	20. Frustrated/restless/irritable	0	1	2	3	4	5	0
22. Embarrassed 0 1 2 3 4 5 O	21. Sad	0	1	2	3	4	5	0
	22. Embarrassed	0	1	2	3	4	5	0

2. Please mark the most important items affecting your health (maximum of 5 items)

SNOT-20 Copyright © 1996 by Jay F. Piccirillo, M.D., Washington University School of Medicine, St. Louis, Missouri SNOT-22 Developed from modification of SNOT-20 by National Comparative Audit of Surgery for Nasal Polyposis and Rhinosinusitis Royal College of Surgeons of England.